

JANUARY 2013: Getting Healthy – Spirit, Soul & Body

IN THIS ISSUE ...

- Forget fad diets. *Charisma* can help you jump-start the New Year with God's definition of "healthy"—body, soul and spirit:
- **Joyce Meyer** teaches on winning the daily battle over your emotions.
- IHOP-KC worship leader **Misty Edwards** examines God's eternal yet often-ignored rewards system.
- **Rachel Held Evans** explains why living to the extreme isn't so crazy.
- Follow a father's poignant journey of faith—and questioning—over God healing his special-needs son.
- "**The Juice Lady**," Cherie Calbom, shares the essentials for drinking your way to better health.
- PLUS: What to do when your parent becomes your child.

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